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THE "22 JUMP STREET" STAR TALKS SEQUELS. PAGES 20-21

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The sage advice celebs gave graduates

PAGES 14-15

How to meditate in only 60 seconds

PAGE 23

World Cup dreams begin with Ghana

PAGES 28-29



ONE FOR THE BOOKS

Train man. Brooklyn resident Leon George, 73, is the MTA's longest-serving subway operator — or "No. 1" as he is called by his co-workers. **Around town.** This June 28 will mark 44 years that he has been helping New Yorkers get from one place to another in the city. PAGE 02



Leon George has seen a lot of changes in his years serving as a conductor and train operator for the Metropolitan Transit Authority. / BESS ADLER, METRO

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1 NEWS

Today's tweet

"More than anywhere in the world, in New York everything is temporary."

@ElisaSednaoui



Top 3

What's trending online at Metro.us

1 'Remembering Ruby Dee, legendary actress and civil rights icon'

2 '10 celebrities with famous dads'

3 'The curious case of Jonathan Papelbon'

Most subway train operators know Leon George by reputation only.

To them, he is "No. 1." Currently the longest-tenured subway operator at the MTA, George has first pick of train lines to drive.

"They come up to me like, 'Hey, No. 1 man!'" the 73-year-old Brooklyn resident said. "It feels pretty good, but I don't let it go to my head."

George moved from Savannah, Georgia, to New York City in his 20s and landed a job as a subway conductor working the A line in 1971. Since his promotion to subway operator a few years later, George has worked all the train lines.

On June 28, he will begin his 44th year with New York City Transit. Metro spoke with George about the joy of driving subway trains, his favorite lines and getting flipped off by angry commuters.

How were the trains different when you first started?

The trains back in them days was unsafe, especially R-9, they were really, really unsafe, especially for the conductor. He had to get between the cars — snow, rain, sleet, whatever.

What's the difference between a conductor and a train operator?

He's opening and closing the doors. The train operator drives the train.

What's your favorite line?

I used to love the A line because everything was express — fast, no curves or nothing. ... Now, what I really love over here, I would take the Nancy line or the Q line, but I generally work the F.

Do you think a computer could ever do your job?

New York City, with all these characters out here, I don't know. They get in there and do all kind of damage and whatnot. It'll work in a little small town, but I don't think New York City. It's too big. Too complicated. They got to have some conductor, train operator — somebody — in the cab at all times.

What's it like having control over a subway?

A lot of people get mad if the train come in late cause they got to go to work. But there's whole different types of things that make you late. ... A

LEON GEORGE

The MTA's longest-tenured subway operator looks back before beginning his 44th year next week.

MTA'S NO. 1 MAN



Long history

Leon George said that there have been several train cars that he has enjoyed operating over the years.

- "The R-160 is pretty good. The 46 is pretty good. I tell you what I

used to like back in the old days — the R-10s. The R-10s could run," George said.

- George was also working on the night that the New York Yankees won

the World Series in 1977.

- "I remember," he said. "On the D line, up to 161st. Right. People were going nuts, going crazy. Doing everything on the train, acting up."



THE YANKEES WIN
GETTY IMAGES



Leon George has his pick of train lines in NYC to drive. / BESS ADLER, METRO

Jumper

"Next thing I know, he's running along against the train, and next thing I know, he jumped right in front." Leon George

lot of people, they catch the front end and give you the finger.

Do people ever say anything nice to you?

A lot of people thank you if you give a good ride, you don't throw them all

over the place, over the seat and everything.

What's one of the strangest things to happen to you as an operator?

I think I was on the R-9 going into the Bronx and

lo and behold, this guy was in the tunnel, sitting on the catwalk. ... I see some leg dangling and I said, "What is this?" and I look, throw the train in emergency and the train just start to roll and roll and he's sitting here, and the train just rolling, rolling, rolling, rolling and I'm just praying the train will stop cause I already throw the train in emergency, I can't do nothing then. I don't have more control over it. ... The train stop right there.

Have you ever hit someone?

I was on the A line, from Far Rockaway coming into East New York, and this guy, homeless guy ... I thought he was sitting on the bench. I never thought nothing of it. Next thing I know, he's running along against the train and next thing I know, he jumped right in front.

When was that?
That was in the '70s.

Was that difficult to process?

You really can't do nothing. ... I don't want to kill nobody, that's not my thing. But a lot of people, they take it upon themselves, when they want to commit suicide, they jump in front of the train.

What are you going to miss about the job?

I'm going to miss the joy of driving these trains, 'cause it's in my system. But one day I'm just going to have to give it up.

Is the No. 2 guy trying to get you to retire?

Everybody out there is trying to get me to retire. Guy was telling me out there, "When you going to retire so we can move up?"



ANNA SANDERS
@AnnaESanders
anna.sanders@metro.us



Protesters held a rally last Wednesday to save the sign. / MILES DIXON, METRO

Kentile Floor sign to find new home in Gowanus

Marker. One of the city's most iconic signs will be saved from destruction.

Brooklynites will keep one of the borough's most familiar sights after negotiations between a building owner and local leaders protected the Kentile Floor sign.

The sign will be removed from its current location near Ninth Street and Second Avenue — where it has been since the 1950s — and be placed under the care of area group the Gowanus Alliance.

"We love the sign, and we heard the voices of so many community members," wrote building owner Elyahu Cohen in a statement. "We will work hard to preserve the letters during removal."

A petition garnered more than 2,100 signatures within days of the news that the sign might



Visit Metro.us to see more photos of the Kentile Floor sign protest.

be destroyed. Passersby first noticed scaffolding around the 20-foot letters, which led to an outpouring of response through social media.

According to the New York Times, Cohen told leaders that removal of the red letters was necessary for repairs on the building's roof, especially after Superstorm Sandy.

However, Cohen committed to paying for the removal of the letters intact so that the Gowanus Alliance may find a new home for the sign.



CHESTER SORIA
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Listen to the people

"We love the sign, and we heard the voices of so many community members. We will work hard to preserve the letters during removal." Elyahu Cohen

Iconic signs

New York City is filled with iconic signs that map out the city's geography. Metro chose a few of its favorite signs in the city.

- Kentile Floors (Gowanus)
- Wyndham New Yorker Hotel (Hell's Kitchen)
- Pepsi-Cola (LIC)
- Essex House



The Pepsi-Cola sign in Long Island City is well-known. / GETTY IMAGES

(Midtown West)

- Domino Sugar (Williamsburg)
- Watchtower (Downtown Brooklyn)
- Eagle Clothes (Brooklyn)
- Silvercup (LIC)
- Apollo Theatre (Harlem)

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Sounds. Make Music fest: Alissa Vox Raw



Alissa Vox Raw will perform at four spots in NYC for Make Music New York. / LIZA MURZIN

Alissa Vox Raw

Instrument: A loop station. Sometimes just the voice is looped, and sometimes instruments are used as well, such as guitar, synth, mbira, djembe, drum pads or machines.

Genre: Electronic/indie/soul

What I'll be doing at Make Music New York: I'll perform June 21 at Lenox Coffee (10 a.m.), Tea Lounge (1 p.m.), Elberta Restaurant and Bar (4 p.m.) and Sid's

Studio (7 p.m.).

Artists I've been compared to: My voice has been compared to Karen O, Amy Winehouse, Adele and PJ Harvey.

How long have I been involved in MMNY: This will be my second year.

PAT HEALY

Make Music New York is a free musical celebration that takes place each June 21.

MakeMusicNewYork

See more at
www.metro.us



New Yorkers search for @HiddenCash

Piper and Tatum Sanders from Pittsburgh, Pennsylvania, find money in an envelope as part of the @HiddenCash money chase on June 14 in Central Park. The frenzied scavenger hunt for large sums of cash hidden in public hot New York City on Saturday, with \$2,000 in envelopes stashed across Central Park and Brooklyn. The money comes from wealthy real estate investor Jason Buzi and a group of anonymous friends. / GETTY IMAGES

In Queens

Teen gunmen arrested after shooting

A teenage gunman shot off two rounds at a gathering in Queens on Saturday night before cops say they nabbed him and the gun.

Investigators said Michael Jones, 19, was with a group of people near the intersection of Merrick Boulevard and 119th Avenue by Roy Wilkins Park at 11:18 p.m.

Plainclothes cops were driving by when they said they noticed Jones pulled out a gun, point it at a group and shoot twice. No one was injured, authorities said.

CHESTER JESUS SORIA

A record

7

Police said Jones had at least seven prior arrests since 2012, including unlawful possession of marijuana, turnstile jumping and disorderly conduct.

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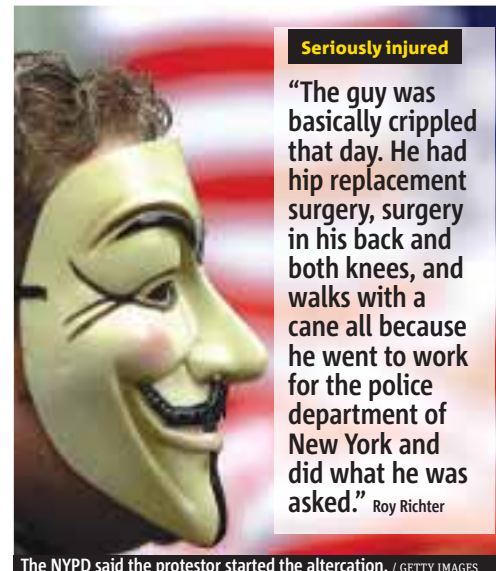
Officer who punched protestor gets \$120K disability pension

Roundhouse. The police officer made headlines after a video showed him slugging an OWS protestor.

A cop who was caught on video punching an Occupy Wall Street protester three years ago has been granted a tax-free disability pension worth about \$120,000 a year, according to the NYPD pension board.

The NYPD previously said the protester, Felix Rivera-Pitre, instigated the altercation by elbowing Deputy Inspector Johnny Cardona, who sustained significant injuries in the melee that followed.

Roy Richter, head of the Captains Endowment Association, said any outrage directed at Cardona over his pension, which was first reported by the Daily News, is misplaced.



The NYPD said the protestor started the altercation. / GETTY IMAGES

No charges were filed against either party involved in the confrontation, but Rivera-Pitre, an artist, filed a lawsuit against the city, settling for \$55,000 last year.

Seriously injured

"The guy was basically crippled that day. He had hip replacement surgery, surgery in his back and both knees, and walks with a cane all because he went to work for the police department of New York and did what he was asked." Roy Richter

Ron Kuby, Rivera-Pitre's lawyer, could not be reached for comment.

EMILY JOHNSON
@MetroNewYork
letters@metro.us

Missing

Police look for three missing foster teens

Three teenagers last seen at a group home for foster kids are missing, police said.

The teens were at the Administration for Children's Services center and

residence at 492 First Ave. before investigators said they left late Friday night.

They were seen leaving the ACS facility in Kips Bay at 11:30 p.m. The teens were identified as Kamara Clarke, 14, Lamia Hicks, also 14, and Tyrek Mainer, 15. ACS said Sunday that the three left the Nicholas Scoppetta

Got info?

Anyone with information should contact Crime Stoppers at 800-577-TIPS.

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Iraq insurgent advance spreads

Battle. Government forces are using helicopter gunships against ISIL on the outskirts of Tal Afar.



Iraqi tribes men volunteer to fight. / GETTY IMAGES

The insurgent offensive that has threatened to dismember Iraq spread to the northwest of the country on Sunday, when Sunni militants launched a dawn raid on a town close to the Syrian border, clashing with police and government forces.

As the rapid advance south by the Islamic State in Iraq and the Levant toward Baghdad appeared to slow over the weekend, fighting erupted in the town of Tal Afar 40 miles west of Mosul near the Syrian border, security sources and a local official said.

ISIL fighters and other



Sunni Muslim-armed groups have stormed several towns on the road to Baghdad after seizing Mosul nearly a week ago — an offensive which only stalled as it approached the mainly Shi'ite capital.

The advance alarmed

both Prime Minister Nuri al-Maliki's Shi'ite supporters in Iran and officials in the United States.

Maliki's security forces and allied militias regained some territory on Saturday, easing part of the pressure on his Shi'ite-led government, and officials said they were regaining the initiative.

But Sunday's fighting in Tal Afar, which is home to both Shi'ites and Sunnis, showed how volatile the deepening sectarian divisions have become. **REUTERS**

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Casey Kasem, radio deejay, dead at 82

Scooby's pal. He also provided the voice of Shaggy in the cartoon series "Scooby Doo."

Famous line



"Keep your feet on the ground and keep reaching for the stars."

Casey Kasem
This is the closing line that the Detroit-born Lebanese-American told millions of listeners at the end of his invariably cheery weekly radio program, which ran from 1970 to 2009.

Kasem, whose final years were marked by dementia, had been the focus of a dispute between

his three children from his first marriage and his second wife, Jean Kasem, who they said had prevented them from visiting as he suffered from Lewy body dementia, a malady with symptoms similar to Parkinson's disease. As his health deteriorated, a Los Angeles judge sided with the adult children and permitted them to withhold food, hydration and his usual medication as they chose comfort-oriented, end-of-life care at a Washington state hospital.

On his syndicated show, Kasem counted down the 40 most popular songs of the week in order, finishing with the No. 1 song. Before each song, Kasem told an upbeat anecdote about the singer's road to success and read letters from listeners. **REUTERS**

Club drug. Summer concerts amp up screening after 'molly' deaths

Sniffer dogs, pat-downs and other drug screening measures await concertgoers during this summer music festival season in the wake of 2013 concert deaths linked to the club drug known as "molly."

The four deaths in 2013 exposed widespread use of illegal stimulants at concerts, raves and electronic dance music shows, along with the difficulties encountered by organizers to keep those substances out.



This year's screening at Electric Zoo in New York will be especially robust and will include drug searches. / GETTY IMAGES

"Drugs have always been a big part of the scene and always will be," said Amy Raves, a

Los Angeles-based rave advocate who has attended dozens of electronic music shows. **REUTERS**

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Deep underground. Water everywhere but not a drop to drink

If you want to find Earth's vast reservoirs of water, you may have to look beyond the obvious places like the oceans and polar ice caps.

Scientists on Friday said massive amounts of water appear to exist deep beneath the planet's surface, trapped in a rocky layer of the mantle at depths between 250 miles and 410 miles.

But do not expect to quench your thirst down there. The water is not liquid — or any other familiar form like ice or vapor. It is locked inside the molecular structure of minerals called ringwoodite and wadsleyite in mantle rock that possesses the remarkable ability to absorb water like a sponge.

"It may equal or perhaps be larger than the amount of water in the oceans," Northwestern University geophysicist Steve Jacobsen said in a telephone interview.

Quoted

"It alters our thoughts about the composition of the Earth."

Steve Jacobsen

"It's no longer liquid water that we're talking about at these great depths. The weight of hundreds of kilometers of rock and very high temperatures above 1,832 Fahrenheit break down water into its components. And it's not accessible. It's not a resource in any way," Jacobsen added. **REUTERS**



'Net neutrality' faces new day of reckoning

FCC. Both sides plan to lobby as the agency collects public comments on its proposed rules.

A surge in mobile Internet usage has U.S. regulators considering whether to apply the same rules to fixed and wireless Internet traffic, and large technology firms are siding with consumer advocates to call for such a change.

The Federal Communications Commission is now rewriting the so-called "net neutrality" rules, aimed at ensuring that Internet providers do not unfairly block or slow down users' access to content on the Web, after their 2010 version was rejected in January by an appeals court. As part of that process, the agency is seeking comments on whether it should take a fresh look at distinctions



Stricter rules would hurt how wireless carriers manage their dynamic shared networks, leading to slower Internet speeds. / GETTY IMAGES

Quoted

"There will be differences in terms of network management, but at the end of the day, the same fundamental principles ... need to apply to the mobile world."

Michael Beckerman, head of the Internet Association, which represents three dozen Web companies, including Amazon.com and Netflix

now drawn between wireless and wireline networks.

Consumer groups have long advocated stricter

anti-blocking and anti-discrimination rules for mobile web traffic. This year, they have powerful allies

in Internet companies like Google and Facebook, who see mobile as an increasingly popular platform.

"The distinction between wireless and wireline is certainly not the same as it was. ... The enforceable net neutrality rules should apply equally, whether you use the Internet on your mobile or home broadband," said Michael Beckerman.

The new look at the rules comes as Americans routinely use smartphones to watch videos and browse websites. A growing number of U.S. consumers, many of them low-income, non-white and young, rely on such devices as their primary means of Internet access.

The lines between fixed and broadband continue to blur as mobile carriers develop fixed broadband businesses of their own and use Wi-Fi to offload wireless data traffic.

REUTERS

Zoom



Tonight, let's all drink at The Turtle's Head

A flutter of vividly colored butterflies are seen smothering the heads of turtles as they try and drink their tears. This event occurs because the orange Julia butterflies and yellow Sulphur butterflies require the nutritional benefits of salt. Photographer Jeff Cremer captured this sight in the Peruvian Amazon rainforest. **METRO WORLD NEWS** JEFF CREMER/SOLENT NEWS

Internet downloads

FCC looks into slow speeds

Regulators will review agreements between Netflix, Verizon, Comcast and other content and Internet providers to figure out whether they are causing slow Web download speeds for some consumers, especially for streaming video.

Consumers have complained to the Federal Communications Commission about the spat

between Netflix and Internet service providers. Both sides accuse each other of causing a slowdown by the way they route traffic.

"At the heart of this is whether ISPs that provide connectivity in the final mile to the home can advantage or disadvantage content providers, and therefore advantage or disadvantage consumers," FCC Chairman Tom Wheeler said. **REUTERS**

Report

Google making health data service

Google is developing a service that will combine information from health apps and personal fitness devices, in another competitive move against Apple and Samsung Electronics, Forbes reported. The service, to be



Google. / GETTY IMAGES

called Google Fit, will make its debut at the company's developer conference later this month, Forbes said, citing anonymous sources. **REUTERS**

Attack on Karachi airport prompts Pakistan army to launch massive operation

Deadly. Dozens of insurgents were killed by air strikes, which preceded the ground operation.

Pakistan sent troops, artillery and helicopter gunships to the troubled North Waziristan region on Sunday in a long-expected military operation just a week after a deadly insurgent attack on the country's biggest airport.

The Taliban and ethnic Uzbek fighters holed up in North Waziristan — home to some of Pakistan's most feared militants and al Qaeda commanders — have both claimed responsibility for last Sunday's attack on Karachi airport.



The army said ethnic Uzbeks accounted for most of those killed in the earlier air assault. / GETTY IMAGES

Troops

80K

Military sources said Pakistan had sent 40,000 troops to the area, bringing the total to 80,000 and sealing the border with Afghanistan.

The assault all but destroyed prospects of peace talks with the militants,

who are fighting to topple the Pakistani government and impose a strict Sharia-based theocracy in the nuclear-armed nation.

"Our valiant armed forces have been tasked to eliminate these terrorists regardless of hue and color, along with their sanctuaries," the army said in a statement.

"With the support of

the entire nation, and in coordination with other state institutions and law enforcement agencies, these enemies of the state will be denied space anywhere across the country."

It was not known where in North Waziristan, a mountainous ethnic Pashtun region on the Afghan border, the operation was taking place. **REUTERS**

Syria. Government retakes town in Assad coastal heartland

Syrian government forces retook Kasab Sunday, ousting rebels from the village on the Turkish border in the heartland of President Bashar al-Assad's Alawite minority sect, activists and state media said.

The withdrawal of rebel forces, including some linked to al Qaeda, is another strategic and symbolic blow to an opposition that has been undermined by recent gains by Assad's forces and fighting.

Syrian state news agency SANA said government forces had "restored stability and security" to Kasab and engineering teams were removing mines and explosives planted by "terrorist gangs," the government's customary term for rebels. State television broadcast images from inside Kasab, a majority Armenian Christian village whose residents had mostly fled in March. **REUTERS**



Withdrawal

The Syrian Observatory for Human Rights, a Britain-based monitoring group tracking events through a network of sources, said rebels had begun withdrawing on Saturday and government forces moved in after clashes with the remaining fighters.

- The rebel fighters included some from the Nusra Front, al Qaeda's affiliate in Syria, the Observatory said, adding that Syrian government forces were assisted by the Lebanese Shi'ite militia Hezbollah. There were no immediate casualty figures.

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Class of 2014: Career advice



Graduation. These celebs tell grads how they made it to the top.

College commencement addresses have traditionally been filled with career and life advice for newly minted grads. As graduation season comes to a close, we rounded up the best pieces of career advice we've heard from recent speeches given by celebrities.

These stars took time to reflect on their own career trajectories and the lessons they've learned over the years. Here, in no particular order, are some of the highlights:

Shonda Rhimes

The creator of the hit shows "Scandal" and "Grey's Anatomy" urged Dartmouth grads to focus-

ing on doing rather than dreaming.

"Ditch the dream and be a doer, not a dreamer. Maybe you know exactly what it is you dream of being, or maybe you're paralyzed because you have no idea what your passion is," she said. "The truth is, it doesn't matter. You don't have to know. You just have to keep moving forward. You just have to keep doing something, seizing the next opportunity, staying open to trying something new. It doesn't have to fit your vision of the perfect job or the perfect life. Perfect is boring and dreams are not real. Just ... do. So you think, 'I wish I could travel.' Great. Sell your crappy car, buy a ticket to Bangkok and go. Right now. I'm serious."

You want to be a writer? A writer is someone who writes every day, so start writing. You don't have a job? Get one — any job. Don't sit at home waiting for the magical opportunity."

Embarking on a new adventure isn't as nerve-wracking when you're armed with good advice. / GETTY IMAGES



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from the stars for new grads



The creator of "Scandal" says dreaming big is not enough. / WIREIMAGE

Mindy Kaling

Addressing Harvard Law School grads on their Class Day, the sitcom star's joke-filled speech turned serious for a moment. According to Mother Jones, "Kaling urged graduates to 'please just try to be the

kind of people [who] give advice to celebrities, not the other way around.'" She continued: "You are entering a profession where no matter how bad the crime, or the criminal, you have to defend the alleged perpetrator. That's incredible to me."

Think big

Tory Burch

The fashion designer focused on the lessons she learned from building her company while addressing graduates of Babson College.

"Being an entrepreneur isn't just a job title, and it isn't just about starting a company, she said. "It's a state of mind. It's about seeing connections others can't, seizing opportunities others won't and forging new directions that others haven't. It's about being entrepreneurial wherever you are and in whatever you do. It's about having the courage to give in to passion for an idea that makes your heart race. If it doesn't scare you, you're probably not dreaming big enough."



THE FASHION DESIGNER SAYS ENTREPRENEURSHIP IS A STATE OF MIND. / WIREIMAGE

The key to happiness

Barbara Walters

While receiving a lifetime achievement award from the Fred Friendly First Amendment Award committee at Quinnipiac University, the recently retired Barbara Walters shared these tips for living a fulfilling life. While this isn't from a commencement speech, we loved this advice so much we had to include it:

1 There has to be something you have to do — most importantly, something you want to do.

2 You have to have someone to love, and to love you, not necessarily a family. Sometimes it's just friends. I don't have a big family. I have one child. I



THE RECENTLY RETIRED BARBARA WALTERS SHARES HER SECRETS FOR A FULFILLING LIFE. GETTY IMAGES

would be lost without my friends.

3 You have to have spirituality of some sort. I don't mean that it has to be religion. It can be ethics. It can be a philosophy.

4 You have to have strength of purpose in mind.



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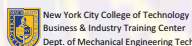
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Latest source of tuition help? Grandma

Money. In many families, grandparents are helping students foot their tuition bills.

In an era of stagnant wages and rising prices, many Americans struggle to simultaneously save for retirement and their children's college tuition.

So who is coming to the rescue? Grandparents. Maureen Reiter, a retired pharmacist from Kansas City, Missouri, has four grandkids, ages 4 and younger. Reiter and her husband are already contributing to 529 college-savings plans for each of them.

"I see a lot of grandparents doing whatever they can to help their grandkids," says the 61-year-old. Indeed, according to



Some grandparents are beginning to put aside college funds as soon as their grandchildren are born. / AMANA IMAGES

Tip

Consider other ways to contribute

A grandparent-owned 529 is far from the only option you have to help out the grandkids. You can also simply direct cash into an existing parent-owned account.

The process is simple: Get a contribution form from the 529-plan provider, fill in basic information — such as account number and the names of the account owner and beneficiary — and send in a check.

Boston-based financial research firm Strategic Insight, more and more grandparents are doing exactly that.

With this growing trend, though, some complex tax, financial aid and emotional issues emerge.

In short, you have to be smart about your generosity. Here's some advice:

Start small, and stay consistent

Maureen Reiter and her husband start off the

grandkids with \$1,000 in their 529s on their first birthdays, then \$200 a month for two years. "If you start too high, and then have five or six grandkids, that could become a big financial burden," she says.

Think about the financial aid implications

The more assets available to a student, the higher the expected fam-

ily contribution. While a grandparent-owned 529 plan is not among the assets you have to list on the Free Application for Federal Student Aid, distributions from the plan are considered income during that year, says Andrea Feirstein, the head of New York City's AKF Consulting.

The way to structure a grandparent's 529 is to set it up so that it's the money used in the final year of a child's higher education, Feirstein says.

REUTERS

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Lifelong learning. We talk to the startup founder who is taking 30 classes in 30 days

Over 1.5 million college students graduated this year, packing away their books and embarking out into the real world. A new study by the Jenkins Group reveals that nearly half of the class of 2014 will never read a book again.

Chad Lovell wants to change that. Lovell is the co-founder of AllClasses, a search engine that lists available classes all over the world. Lovell is currently taking 30 classes in 30 days in order to encourage lifelong learning.

We recently caught up with Lovell as he was heading home from a busy afternoon at class.

How did you pick the classes you would take over the course of the month?

I wanted it to be something that benefits me and that would add value to my business. Half of the classes are concentrated



A new study says half of recent grads will never read a book again after graduating. / MONKEY BUSINESS

Quoted

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."

Chad Lovell, co-founder of AllClasses

on professional development. I'm also taking classes for my personal benefit. I started power lifting and

working on core strength last year, and I'm taking a pole fitness class, which is interesting because I'm often the only guy there.

How did you come up with the idea for the 30 classes in 30 days project?
I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

What have you learned personally while doing the project?

Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

What's the best reason to take a class?

No one likes to be boring. ... It makes you more interesting. I'm taking a CPR certification class too, and that could potentially save a life.

LAKSHMI GANDHI



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2

CULTURE

Talking point

Kelly Clarkson named her kid 'River'



It's a girl, Kelly Clarkson told the whole world on Twitter over the weekend. The pop star gave birth to her first child on Thursday and named her River Rose Blackstock on Saturday. All things considered, River isn't such a weird celebrity baby name. Actually, we're starting to see a trend with Kate Winslet naming her son Bear, Drew Barrymore naming her daughter Olive and, of course, Beyonce naming her daughter Blue Ivy. We dig it!

LASSE E. KRISTIANSEN



Angelina Jolie has a fan in Queen Elizabeth II.

ALL PHOTOS GETTY IMAGES

Angelina Jolie now has an English title. The actress and filmmaker received the title of Dame from Great Britain's Queen Elizabeth II in the annual list of birthday honors this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honor related to foreign policy means a great deal to me, as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honor in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and Maggie Smith were also recognized.

That's Dame Angelina Jolie to you

THE WORD

Ned Ehrbar takes on the world of gossip.

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Del Ray gets dark

Her last album was called "Born to Die," so maybe we shouldn't be too shocked by Lana Del Ray being exceptionally morbid. But her latest proclamation is sounding alarm bells. "I wish I was dead already," she tells the Guardian, after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries to get her to walk back the outrageous statement, Del Ray counters with, "I do! I don't want to have to keep doing this. But I am."

So what doesn't she want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming."



Lana Del Ray has been comparing herself to dead musicians.

The force is not with Han Solo

Harrison Ford's injuries on the set of the new "Star Wars" movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe

Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may still be in the hospital. The cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.



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3 REASONS TO BUY THE WESTERN 'RED RIVER'

'Red River'

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1 Director Howard Hawks had quit two Westerns ("Viva Villa" and "The Outlaw") before he finally finished one, released 1948. And it was a doozy: "Red River" is a cattle drive movie in which John Wayne's stubborn, Ahab-esque rancher clashes with his adopted son, played by a rarely more relaxed Montgomery Clift. It's a boy's adventure and a dark psychological exploration at once, as well as a Howard Hawks hang-out picture, with an ensemble cast

that struggles to keep cool as an increasingly psychotic Wayne keeps picking them off.

2 Wayne's chilling performance in "The Searchers" tends to dominate serious consideration of him as an actor and not just a movie star. But "Red River" was the first time he'd gone dark. The Duke very slightly modulates his usual screen presence so that his line-delivery sounds both badass and menacing. As an oft-told story goes, his frequent director John Ford after seeing the film joked, "I didn't know the big sonofab— could act."

3 Even for the Criterion Collection, this is one comprehensive set. The package is a brick, thanks to the inclusion of Borden Chase's "Blazing Guns on the Chisholm Trail," the serialized novel that served as inspiration. You can also compare two different versions: the 133-minute cut that's long been in circulation and the shorter pre-release version that Hawks always said he preferred.



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John Wayne and Montgomery Clift get dirty in "Red River." / CRITERION COLLECTION

Streaming on Netflix

'World War Z'

Brad Pitt helped make a troubled production a surprise box office monster. It's still a mystery why it caught on: It's a mostly joyless, muted and, most tragically, PG-13-rated zombie picture that only kicks into gear in the third act. If this drives you toward Max Brooks' book, then good — though the film may be the least faithful literary adaptation in history. The source is a fake oral history set after the zombies are



BRAD PITT GLOWERS IN "WORLD WAR Z." / PARAMOUNT PICTURES

defeated, focusing on the trauma that comes with surviving a near-apocalypse. Meanwhile, the film can't even get anything fun out of new "Doctor Who" star Peter Capaldi.

'The Art of the Steal'

Long ago, Kurt Russell ruled the film screen. A child actor who turned into a relaxed braggart, he was like a self-aware John Wayne. He hasn't been around much in the last decade, so anything that employs him is at least worth a peep. This twisty, sprightly thriller just barely gets the job done, putting Russell at the lead of a group stealing from art museums.

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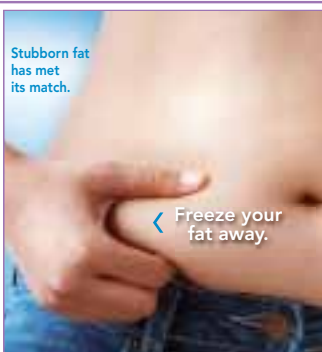
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Ice Cube, who played the patience-tested captain in charge of Channing Tatum and Jonah Hill in "21 Jump Street," is back and grumpier than ever in "22 Jump Street," a sequel well aware of itself. The former N.W.A. rapper fills us in on the new film and the awkward legacy of "F— tha Police."

What did you think when you saw how much more you'd be doing in this one compared to the first?

I liked it, you know? I think people love Capt. Dickson. [Laughs] He talks as much s— as possible, and everybody's with it. It was cool just to get the tone right and to do a movie that people dig that's fun — as fun as the first one. I think our greatest asset is low expectations.

But after the success of the first one, it would seem expectations would be pretty high.

Yeah, but people in the back of their minds don't think we could get the sequel as good as the first one. People rarely do. It's not easy to include the audience without taking them out of the story,

but [directors Phil Lord and Chris Miller] do a great job of letting people know that we're making a cheesecake out of a cheesy idea. [Laughs] This kind of movie, the worst thing it could do is take itself too seriously.

Are you taking any lessons here as you go into planning a sequel for "Ride Along"?

Yeah, you know, I'm a vet at doing sequels, but they're hit-and-miss. I think the real page you need to take away from it

The rapper-actor-filmmaker knows comedy sequels can be a headache, and he doesn't mind being asked about the police.

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is to make sure you do a new movie that can stand on its own two feet and not a movie that's borrowing off the first movie, because that's when you get lazy and you run into trouble.

Some people took the success of "Ride Along" as a surprise. How did you feel about that?

You know, that's cool. [Laughs] I love to be underestimated. It gives me a leg up to get underestimated. And to surpass expectations — it's all glory.

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The pigs

How often do people ask about the irony of you playing a cop, since you got your start with "F— tha Police"? And how tired are you of getting that question?

They actually happen every interview, and I'm not tired of it. If you really know what I'm talking about in the music, you know I'm talking about dirty cops, I'm talking about corrupt cops, I'm talking about cops who abuse authority. I'm not talking about the cops who come and save your grandmother when she's getting mugged. So to think I hate all cops is crazy. And I'm in Hollywood: They're obsessed with the lives of law enforcement and military. So if I'm doing movies, especially over 20 years, it's more than likely I'm going to end up playing something like that.



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HIGHLIGHTS FROM THE AMERICAN SOCIETY OF CLINICAL ONCOLOGY 2014 ANNUAL MEETING.

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TV watch list



"The Fosters" returns to warm your heart anew. / ABC FAMILY, RON TOM

DRAMA

'The Fosters'

The Jennifer Lopez-produced drama about a gay couple and the kids they've adopted and fostered returns for a second season.

SEASON PREMIERE,
9 P.M., ABCFAM

DRAMA

'24: Live Another Day'

Jack and the president go through some extreme situations to prevent more attacks. But he wouldn't be Jack Bauer if everything went smoothly all the time.

9 P.M., FOX

REALITY

'Mystery Diners'

Charles and the team are brought in to help at Sergio's Italian Gardens in Las Vegas when their pianist and magician can't get along. Sounds like a rom-com in the making!

10 P.M., FOOD

COMEDY

'Louie'

Another hourlong block of the FX comedy airs, as Louie tries going on a date with Pamela, and then in the second half hour, the season concludes.

SEASON FINALE, 10 P.M., FX
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Box office. In battle of the sequels, '22 Jump Street' slays 'Dragon'



Channing Tatum and Jonah Hill try to play it cool in "22 Jump Street." / GLEN WILSON

"22 Jump Street," starring Jonah Hill and Channing Tatum as cops who return to college undercover, collected \$60 million in ticket sales at domestic theaters over the weekend, out-gunning the animated "How to Train Your Dragon 2."

The sequel to the 2012 hit "21 Jump Street" handily topped the sequel to the 2010 blockbuster, which took in \$50 million from Friday through Sunday at U.S. and Canadian box offices.

"Maleficent," Disney's take on "Sleeping Beauty" starring Angelina Jolie as the spell-casting evil fairy, was third with \$19 million. "Maleficent" has totaled \$163.5 million since its May 30 release, for a global total of more than \$436 million.

"22 Jump Street"

started the weekend on a strong note, collecting \$5.5 million in ticket sales at Thursday night shows, according to Box Office Mojo, which called the take "awesome."

The Tom Cruise sci-fi film "Edge of Tomorrow," about a soldier who relives each day after dying in battle, was fourth with \$16.2 million during a disappointing domestic run that has so far totaled \$56.6 million. It has added sales well over twice that much in international markets.

"The Fault in Our Stars," the \$12 million teen drama that led last weekend's box office, fell to fifth with sales of \$15.7 million. The film, about a romance between two teens with terminal cancer, has totaled \$81.7 million so far. **REUTERS**

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A MINUTE A DAY ADDS UP TO ZEN

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?" If you're a busy person looking for meditative moments throughout your day, then follow these seven steps.

We all have a minute to spare

One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for 5 seconds, hold your breath for 5 seconds, release for 5 seconds, hold for 5 seconds.

Center yourself with your pulse

A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on

Zen in the City

GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.



the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your left wrist over your pulse. On each beat of your pulse, mentally hear the sound of sat nam.

and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for creativity and helps you detach from your day. Enjoy the process, and then enjoy the meal!

Use these steps to bring more meditative moments into your day and get your zen on.

Metro does not endorse the opinions of the author.



During your busy day, take a mental break to a spot like this with meditation. WAVEBREAK MEDIA

Tip

Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus

on being more grounded with each step.

- Use a mantra while you walk. With each step, recite these words: "I am calm now."

Whenever you're stressed, you disconnect from your body and your power. Get more grounded with walking meditation.



PLUS

Unplug

Take a tech break

One of the main reasons we're so stressed these days is because of technology. Give yourself a five-minute tech break once a day. Use that five minutes to practice one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.



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WELLBEING 24

This week in health news

Marijuana might impact quality of sleep

Location of study: U.S.

Results: Marijuana use, especially if initiated early in life, appears to impair sleep quality. People who reported using the drug early on were most likely to have sleep problems as adults — regardless of how much (or how little) they were currently using. Participants with a history of marijuana use reported more difficulty sleeping, poorer sleep quality and daytime sleepiness. The strongest link was observed in people who began using cannabis prior to age 15.

Significance: These findings challenge the popular belief that marijuana is an effective sleep aid. In fact, many regular users claim that they do so in order to achieve more restful sleep. However, a closer look at the overall body of research regarding marijuana's impact on sleep is thin, at best. "Future studies are really needed to understand how people handle stress, how this may lead to insomnia and how this impacts health over

See more at
www.metro.us



The younger the marijuana user, the more likely they were to report trouble sleeping. / MOODBOARD

time," said senior study author Dr. Michael Grandner of the University of Pennsylvania.

Norovirus behind most food-related disease outbreaks

Location of study: U.S.

Results: A new study from the CDC may have you eating in for a while. It appears that norovirus is the leading cause of disease

outbreaks from contaminated food. Restaurants accounted for 64 percent of these outbreaks. The report points to infected food workers, who likely spread the virus by handling food without wearing gloves. Experts report that the virus is so contagious, it only takes a very small amount — what would fit on the head of a pin — to infect over 1,000 people.

Significance: "Norovirus outbreaks from contaminated food in restaurants are far too com-

mon," Dr. Tom Frieden, director of the CDC, said in a statement. Included in the report are recommendations for the food service industry, such as frequent hand-washing, avoiding direct contact with ready-to-eat foods and staying home when ill.

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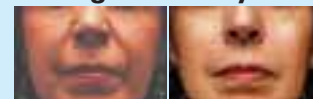
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Studies. Weight-loss surgery can put obese diabetics in remission

Two small studies provided more evidence that weight-loss surgery may benefit people who are obese and have diabetes.

Both studies found that blood sugar levels were more likely to improve among people who underwent surgery than those who adopted intensive diet and lifestyle programs.

The studies included people on the lower end of the obesity spectrum, some of whom wouldn't be recommended for surgery under current guidelines.

"In appropriate patients, this is something

By the numbers

50%

Percentage of participants in a study by the University of Pittsburgh Medical Center who underwent gastric bypass and experienced at least partial remission of their diabetes one year later. Patients who used diet alone saw no remission.



Current guidelines don't recommend surgery for everyone.

MOODBOARD

really worth considering," said Dr. Allison Goldfine, who worked on one of the studies.

BMI measures weight in relation to height. The National Institutes of Health and other groups say weight-loss surgery is an option for people with a BMI of 40 or above who have no weight-related complications or a BMI of 35 or higher if they also have diabetes, sleep apnea or other problems.

Weight-loss surgery

requires a drastic change in eating habits and can come with complications such as hernias, leakages and gallstones, as well as nutritional deficiencies.

"Right now people with lower BMIs would not typically be covered by insurance, but there is this growing body of data that potentially supports the use of these procedures [among people with diabetes and a BMI of 30 or above]," Courcoulas said.

REUTERS



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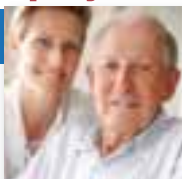
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JOBS 26

LOOK PROFESSIONAL IN THE HEAT

Ah, summer. Now that Memorial Day has come and gone, your office culture may be a little more lax. Not only are the hours potentially more relaxed on Fridays — so, too, is the dress code. There are several ways to look and feel more comfortable at work without getting onto human resources' radar screen.

Get schooled on company policy

Not to become the HR police or anything, but



We know it's scorching out, but there are still ways to dress professionally. / DIGITAL VISION

simply take a few minutes to read the rules. If you're relatively new to the office, it's even more important to peruse the

policy instead of relying on observing colleagues.

Get creative

You can make a few slight changes to feel neat and polished while also keeping that game face on.

Remember, you're still in a professional environment

Business casual

Draw the line

Even when your office is extremely casual, avoid tank tops and mini-skirts. If you're showing too much skin, you probably shouldn't be wearing it.

According to an Office-Team survey, 80 percent of managers said how their team dresses will positively or even negatively impact whether or not they'll get promoted. Yes, your summer attire counts.

Metro does not endorse the opinions of the author.



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EXAM NO.: 4303 **APPLICATION DEADLINE:** June 24, 2014 **APPLICATION FEE:** \$61.00 (Non-Refundable)

TEST DATE: Beginning on Thursday, October 16, 2014; however, date is subject to change

JOB DESCRIPTION: Maintain, inspect, test, diagnose, overhaul, rebuild and repair all vehicle systems, components and accessories to industry work standards.

SALARY: \$20.0515 - \$22.3100 per hour for a 40-hour week, increasing to \$28.6450 - \$31.8725 per hour in the fourth year.

BUS MAINTENANCE SUPERVISOR

EXAM NO.: 4304 **APPLICATION DEADLINE:** June 24, 2014 **APPLICATION FEE:** \$68.00 (Non-Refundable)

TEST DATE: Beginning on Monday, September 15, 2014; however, date is subject to change

JOB DESCRIPTION: Supervise Bus Maintainers (Chassis) and other maintenance and transportation titles performing the maintenance, installation, inspection, testing, alteration, shifting, and repair of buses and other automotive vehicles, and related bus shop equipment

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Horoscope

♊ Gemini | May 22-June 20. Ignore anyone making derogatory comments. It's your turn to be in the lime-light. Someone with similar views will be interested.

♋ Cancer | June 21-July 22. Get together with friends and figure out how to care for a loved one. Sharing responsibilities will help you develop respect.

♌ Leo | July 23-Aug. 22. If you are faced with opposition, consider that it could be your fault. Your intentions may be good, but if you are too aggressive, you may create friction.

♍ Virgo | Aug. 23-Sept. 22. Implementing a new nutritional regimen will have health benefits if you practice moderation and monitor the results.

♎ Libra | Sept. 23-Oct. 22. Take time out to socialize and nurture your personal dreams. If you are single, mingle, and if you are part of a couple, plan a romantic evening.

♏ Scorpio | Oct. 23-Nov. 21. You can't please everyone, so do what you can to satisfy your own needs. Don't fall prey to guilt being directed at you.

♐ Sagittarius | Nov. 22-Dec. 21. If you are unclear about what is happening around you, get involved. Check out the doings in your community.

♑ Capricorn | Dec. 22-Jan. 20. Don't give up on your dreams. Success doesn't happen by accident. Be prepared to work hard.

♒ Aquarius | Jan. 21-Feb. 18. Don't have any qualms about speaking your mind. You may receive some negative feedback, but trying to hide your feelings won't help resolve a situation that is puzzling you.

♓ Pisces | Feb. 19-March 20. Rumors will spread like wildfire. Don't repeat or believe it. Your intuition will help you decide how to handle it.

♈ Aries | March 21-April 20. Run your ideas by your peers. Networking is an excellent way to discover how you can make a work-related improvement. An alliance will develop.

♉ Taurus | April 21-May 21. Be a participant, not a spectator. Get into the spirit of the moment and agree to take on a new challenge. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

	5			7		8	2	
9		7	4					5
6			2					
1	8		3					5
		3		2		7		
	6				8		4	2
					2			4
8				4	2			1
	4	6		3			9	

		9			3	2		1
			1			6	7	
1				4				3
			4		7		5	9
9				3				7
7	5		9		8			
2				7				5
	4	1			5			
5		7	6			1		

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Noon on a sundial
- 4 Frighten
- 9 Huff and puff
- 13 Mountainous st.
- 14 Languor
- 15 Seaweed extract
- 16 Picnic intruders
- 17 Barely getting by
- 18 Ceremony
- 19 Walk clumsily
- 21 — horse
- 23 Fertile loam
- 25 Woolen fabrics
- 26 1950s teen idol
- 29 Bird's melody
- 31 Cause
- 32 Actress Madeline —
- 33 Apartment mgr.
- 37 Bolt holder
- 38 Most frugal
- 41 "Don't have a —, man!"
- 42 Food critic — Greene
- 44 Poker stake
- 45 Parrot's word
- 47 Gauguin's prop
- 49 Vast assortments
- 50 Baby whales
- 53 Hungry one
- 55 Clung
- 57 Furtiveness
- 61 Touchdown

- 62 Raj headquarters
- 64 Makeshift swing
- 65 Robert the Bruce's tongue
- 66 Earth pigment
- 67 Some CDs
- 68 Pore over a book
- 69 Marshal's band
- 70 Coral islet

Down

- 1 Lucy Lawless role
- 2 Like the U.N.
- 3 Pancreas output
- 4 Get lower
- 5 Pharaohs' amulets
- 6 Kind of cycle
- 7 Now, to Caesar
- 8 Uses a wrench
- 9 Attics
- 10 Limber
- 11 Glutted
- 12 Hunters' quarries
- 13 License plate
- 20 Castle defenses
- 22 Floor
- 24 Catch off guard
- 26 Dracula's tooth
- 27 Water, to Pedro
- 28 — noire
- 30 Roller coaster cry
- 32 Welles' Citizen —

- 34 Home of the Bruins
- 35 Roly- —
- 36 Couples
- 39 Declined
- 40 A crowd, maybe
- 43 Flattened
- 46 Unpredictable
- 48 — Lingus
- 49 Duds
- 50 Hoopster
- 51 Light incense to
- 52 Tibet's capital
- 54 What coals become
- 56 Car salesman's deal
- 58 Milan money, once
- 59 Shallow container
- 60 "— So Shy"
- 63 Scale meas.

Weekend's answer



Letters

Maybe soon it won't be news

Re: 'Some things should stay personal' (Metro, June 13-16) People like letter writer C.M. Parns have no idea what it's like to hide and live in fear. You don't announce that you're straight every time you walk into a room because you don't have to. Surely you freely talk about your partner, thus clearly stating your orientation without even realizing it. I would challenge you to avoid discussing any aspect of your home life with anyone for about a month and see how it feels. Avoid any topic where a gender pronoun is necessary. Only then will you know get a glimpse of how it feels to be gay or transgender.

My hopes are the same as yours, though for different reasons. I hope we will see a day where stories like this aren't printed because they don't NEED to be — because they aren't news. **TARA WILLIAMS, VIA EMAIL**

More soccer coverage

I am a big fan of Metro who was very disappointed on the lack of coverage for the World Cup. On an international level, with so many people in this city supporting their home teams, it should have been given more coverage. **MARIELLE MENDOZA, VIA EMAIL**

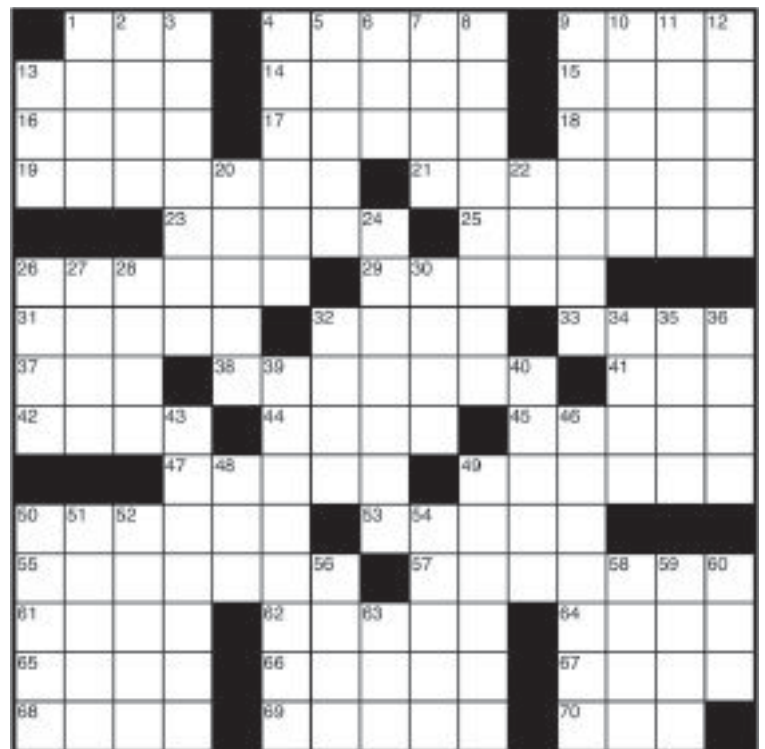
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3

SPORTS

On second thought

Report: Nets not for sale

Mikhail Prokhorov may be holding on to the Nets after all. One day after Yahoo! reported the Russian billionaire was open to a sale, ESPN says Prokhorov has "no interest in selling the team," according to a spokesman. Prokhorov owns 80 percent of the team.

World Cup. The United States' underdog quest begins Monday.

Ghana has been kryptonite for the United States national team in the World Cup.

Ghana's win in the final game of the group stage prevented the U.S. from advancing in the 2006 World Cup. Four years later, Ghana knocked the Americans out in the second round of the tournament after the Yanks had won their group.

In a twist of fortune, this World Cup campaign opens with the African giants (6 p.m., ESPN). The U.S. needs a win and three points to have any hope of advancing from the "Group of Death."

KRISTIAN DYER
@KristianRDyer
sports@metro.us

US starters

Jurgen Klinsmann is very secretive about his lineup, but this is our best guess.

- **Goal:** Tim Howard
- **Defense:** DeMarcus Beasley, Matt Besler, Geoff Cameron, Fabian Johnson
- **Midfield:** Jermaine Jones, Kyle Beckerman, Michael Bradley, Alejandro Bedoya
- **Forward:** Clint Dempsey, Jozy Altidore



Visit **Metro.us** to see the Jets predict U.S. vs. Ghana.

Three reasons the US will succeed

1 They don't know any better

Only four players who started in the loss to Ghana in 2010 return to the likely starting 11 on Monday. A similar youth movement helped carry the Americans to a quarterfinal run in 2002 and to some respect in 2010, when they shocked the world with a tie against England and won their group. Sometimes, a little naivete can be a good thing in the world of sports. Most of the U.S. squad playing against Ghana know the history between these two teams, but have not

experienced it. In other words, they won't expect to lose.

2 Unpredictability

After a series of friendly matches leading up to the World Cup, we still have no clue what head coach Jurgen Klinsmann has in mind for this team. The for-

mation might be a diamond midfield, it might not be. Guessing at a starting 11 is anyone's bet. The U.S. personnel is deeper than in year's past, giving Ghana more lineup options to get ready for.

3 Scoring again

After a rough go in England last year with Sunderland, Jozy Altidore is finally scoring again — a huge lift for the team. His skill set is unique and as a true striker, he must be counted on to bury chances regularly.

He scored twice last week in a 2-1 win over Nigeria to give him some confidence.



JOZY ALTIDORE WAS ALL SMILES AGAIN AFTER BREAKING OUT AGAINST NIGERIA ON JUNE 7.

GETTY IMAGES

STRAIGHT Talk



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versus Ghana

Three reasons the US will struggle

1 Because it's Ghana

Simply, Ghana is very good. They boast world class players who play for top clubs in top leagues. While the Americans are very good, they don't have a player in that upper echelon of talent. In addition, Ghana is a horrible matchup. American beats superior sides with athleticism, speed and hard work since the technical side is not at an elite level. But Ghana is a physically strong and fast team, negating those attributes for the Americans. And they are technically a better side, which gives them a slight edge overall.

2 Built for 2018

Admit it, the na-

tional team Klinsmann brought to Brazil is a signal the U.S. is waving the white flag over this World Cup. It is a young team. They are good, but likely overmatched. While they can pull off a surprise, it will be tough slogging in this group. To expect a win over a class team like Ghana will be tough.

3 No playmaker

It's been dissected a million different ways, but Landon Donovan watching this match from his couch hurts the U.S. chances at a win. Even if he isn't a starter anymore his skill set is needed in a game like this. Comfort on the ball and composure are in short supply on this roster, as is his one-on-one ability.



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15 @SI	16 SI	17 HV	18 @HV	19 @HV	20 @ABD	21 @ABD
22 @ABD	23 HV	24 @HV	25 ABD	26 ABD	27 SI	28 @SI
29 SI	30 OFF DAY					

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JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 @HV	2 HV	3 @HV	4 ABD	5 ABD
6 ABD	7 HV	8 HV	9 @SC	10 @SC	11 @SC	12 @CT
13 @CT	14 @CT	15 OFF DAY	16 JAM	17 JAM	18 JAM	19 WPT
20 WPT	21 WPT	22 @ABD	23 @ABD	24 VER	25 VER	26 VER
27 @LOW	28 @LOW	29 @LOW	30 AUB	31 AUB		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 AUB	2 CT
3 CT	4 CT	5 OFF DAY	6 @MV	7 @MV	8 @MV	9 @BAT
10 @BAT	11 @BAT	12 LOW	13 LOW	14 LOW	15 @VER	16 @VER
17 @VER	18 OFF DAY	19 @SI	20 @SI	21 SI	22 TRI	23 TRI
24 TRI	25 @SI	26 @SI	27 SI	28 @TRI	29 @TRI	30 @TRI

SEPT.

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Offseason was a day at the beach for Ford

NFL. New Jets wide receiver Jacoby Ford turned to working out in the sand in order build up added muscle.

Jets wide receiver Jacoby Ford made sure to hit the beach at least twice a week this offseason, but it wasn't to catch some sunshine or check out the beach bodies. He was there for a workout.

Ford missed the Raiders' 2012 season with a Lisfranc injury to his foot, an injury he said is now fully healed. But despite playing in 14 games last year, he made just one start and had a career-low



Jacoby Ford worked out with fellow receivers Pierre Garçon and Anquan Boldin. / COURTESY OF TONY VILLANI, XPE SPORTS

By the numbers

4.28

Ford, a former ACC champion sprinter, ran a 4.28-second 40-yard dash at the combine. He says he can run in the low 4.2 range now.

13 receptions. Interest in him on the free agent market was relatively low.

So the speedy wide receiver set about this offseason to add muscle and become more explosive again in an effort to

return to his playmaking ways by working out on the beach in Florida. The sessions were only 36 minutes, but they were grueling.

"You really do feel it. You get stronger with workouts like that," Ford told Metro New York. "Running in the sand is so much more difficult. You really have to push off, really have to use and engage the muscles. Being forced to do that, you feel your muscles working. At the end, you're just like, 'Man, I'm tired.' It works everything. When you run in the sand — run routes and stuff — you really have to work."

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Mets 3, Padres 1



DAISUKE MATSUZAKA
GETTY IMAGES

Mets take series over San Diego

Carlos Torres stepped in for a sick Daisuke Matsuzaka and managed to close out the Mets' homestand with a win.

Matsuzaka pitched a scoreless first inning before Torres entered in emergency relief. Torres went four innings and allowed just one run in the 3-1 Mets win.

Vic Black and Jenry Mejia each pitched two scoreless innings in relief of Torres. Curtis Granderson homered in the first inning. **METRO**

A's 10, Yankees 5



COCO CRISP
GETTY IMAGES

Yankees close West Coast swing with two losses

A solid road trip ended in disappointment for the Yankees.

New York lost 10-5 to the A's Sunday afternoon due to an ugly start by Vidal Nuno.

Nuno surrendered eight runs in just three innings, including home runs to Derek Norris and Coco Crisp.

The Yankees began the 10-game road trip 6-2, but finished with consecutive losses in Oakland. **METRO**

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